

Self-Esteem: A Biblical Approach

SELF-WORTH -- NOT SELF-WORSHIP

- How do you manage the thoughts you have about yourself?
- Stewardship of your self-concept

Numbers 13:30-33

The battle within – which thoughts will win?

- “we were like grasshoppers in our own sight...”
- Response to God
- Reaction of others

Self-Esteem

- how you see yourself
- how you describe yourself
- how you feel about yourself

“For as he thinks within himself, so he is.” - Proverbs 23:7

Thoughts - feelings - attitude – actions

My thoughts about myself will control my actions toward others

Matt. 19:19

- You are valuable! -Matt. 6:26
- You are a sinner. -Rom. 3:23
- You are significant! -Ps. 139:14
- You must deny yourself. -Luke 9:23
- You are able & unique! -Ps. 18:29
- Your works are insufficient. -Eph. 2:9
- You have a future! -Jer. 29:11
- You will be judged. -Heb. 9:27

See as God sees – an invitation into reality